

Transforming the Body, Heart, and Soul

Cleansing the Heart

Universal Worship, February 12, 2022

HINDUISM:

Let there be all victory for the chanting of the holy name of Lord Kṛṣṇa, which can cleanse the mirror of the heart and stop the miseries of the blazing fire of material existence. That chanting is the waxing moon that spreads the white lotus of good fortune for all living entities. It is the life and soul of all education. The chanting of the holy name of Kṛṣṇa expands the blissful ocean of transcendental life. It gives a cooling effect to everyone and enables one to taste full nectar at every step.

-Chaitanya Mahaprabhu (1486-1535)

Commentary by A. C. Bhaktivedanta Swami Prabhupada:

Lord Chaitanya Mahaprabhu recommended: ceto-darpana-marjanam. Marjanam means "cleanse," and darpanam means "mirror." The heart is a mirror. It is like a camera. Just as a camera takes all kinds of pictures of days and nights, so also our heart takes pictures and keeps them in an unconscious state. Psychologists know this. The heart takes so many pictures, and therefore it becomes covered. We do not know when it has begun, but it is a fact that because there is material contact, our real identity is covered. Therefore ceto-darpana-marjanam: one has to cleanse his heart.

BUDDHISM:

Whenever I go out the gates, just grass,
And whenever I come in the gates, just grass,
So for a myriad leagues
There is not even an inch of grass.
And the words 'come in'
And the words 'go out'
Do not apply here
Nor do they apply there.

-Dogen, On the Everyday Behavior of a Buddha Doing His Practice (trans. Nishijima and Cross)

ZOROASTRIANISM:

Bearing in mind Your Divine Decrees, O God - commandments unheeded so far - we proclaim them to those who destroy the Worlds of Reality through the Decrees of the Lie; but specially are these Divine Decrees the best for those who have given up their hearts to the Lord of Wisdom [Mazda].

-Yasna 31:1 (trans. FA Bode, adapted)

TAOISM:

Were I possessed of the least knowledge, my only fear, when walking on the great way, would be paths that lead astray. The great way is very smooth, yet people prefer mountain paths.

The court is clean swept,

The fields are overgrown with weeds,

The granaries are empty;

Yet there are those dressed in fineries,

With sharp swords at their sides,

Filled with food and possessed of excessive wealth.

This is known as being a bandit chief.

A bandit chief is, indeed, a far cry from the way.

-Tao Te Ching 53 (trans. Lau, Ma Wang Tui ver.)

INDIGENOUS:

Each one of us has within us those potentialities, those capabilities, those gifts that if shared in unity and respect and kindness and compassion will transform the world we live in. Once we have that peace within ourself, then we can bring peace around us. And from that peace comes healing, from that healing comes prosperity, from that prosperity comes more understanding of oneness and kindness and compassion and love.

-Chief Phil Lane Jr.

JUDAISM:

Earth and her fullness are Yours, YaH,

The Cosmos and its beings.

You founded Earth on the endless seas of Space.

You set her by the streams of the great Flow.

Who can rise to Your summit, YaH?
Who can stand in Your place of Holiness?

One who has
hands that are clean,
a heart that is pure,
who has no false oath on her conscience,
who swore not to larceny -
Such a one will raise a blessing from You, YaH,
kind generosity from You, her helpful God.
-from Psalm 24 (trans. Rabbi Zalman Schachter-Shalomi)

CHRISTIANITY:

When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting place, but not finding any, it says, 'I will return to my house from which I came'. When it comes, it finds it swept and put in order. Then it goes and brings seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first.
-Lk 11:24-26 (trans. NRSV)

ISLAM:

Leave your tricks and schemes behind.
Go mad with Love.
Like a moth hungry for light,
dive into the blazing heart of the flame.

Be a stranger to yourself.
Rock the house you call self.
Wake up in Love's house.
Live with lovers. Be a lover.

Why lie in a grave,
fearing judgment, hands idle?
You have a role at this feast.
Rise up. Open your arms, a haven.

Grudges and spite weigh on the heart.
Let seven streams of water wash them away.

Make room for Love's wine.
Be its cup.

Thoughts stray and drag you with them.
Heart, leap over your head.
Arrive before you know it.

You're not a rook bound to two directions.
You're not a pawn, a crooked queen,
a shortsighted King.

Be a mirror for your beloved.
Reflect what you adore.
Once mineral, then animal.
Now blessed with a soul,
be Love.

Preacher, how long will you rant
door to door, roof to roof.
Give your jaw a rest. Be silence.

-Rumi, G2131 (trans. Haleh Liza Gafori)

TRUTH:

We have seen what purity of the body and purity of the mind means. However there is a further purity, which is the purity of the heart. This is reached by making the heart pure or free from all impressions which come from outside, which are foreign to one's nature. This can be done by overlooking the faults and shortcomings of others, by forgiving the faults of one's friends. By an increase of love one gives way to desirable impressions, which come upon one's heart and collect there, and in that way one keeps one's heart pure.